

# TEN TIPS FOR HOLIDAY WASTE-WATCHING!

The EPA reports that the amount of residential garbage in the United States generally increases by 25 percent between Thanksgiving and New Year's Day.

## HERE ARE SOME WAYS TO HELP KEEP YOUR HOUSEHOLD LEAN AND "GREEN" THIS SEASON!

1. Remove your name from unwanted holiday catalogs. *Before you recycle unwanted holiday catalogs, call the company's customer service number and ask to be removed from their mailing lists.*
2. Buy Cards - and other products - made with recycled paper.
3. Avoid foil embossed or metallic paper.  
*They use more resources to manufacture and are not recyclable.*
4. Decorate with more energy efficient LED light strings.  
*LEDs are exceptionally energy efficient, and may use up to 90% less energy than incandescent bulbs.*
5. Bring your own bags when doing holiday shopping.
6. Use - and reuse - gift bags or decorative boxes and tins instead of disposable wrapping paper and bows.
7. Reuse holiday ribbon. *According to the Washington Post, if every family reused just two feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.*
8. Buy rechargeable batteries.  
*The EPA states that about 40% of the United States yearly battery sales occur during the holiday season!*
9. Give gifts that don't create waste or require much packaging- such as gift cards. Or rather than things, give experiences, like concert tickets, classes, coupons for trips, an evening out, etc.
10. Put this year's Christmas cards away to cut up and use as next year's gift tags and decorations.



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SEE  
REVERSE  
For Going GREEN in 2010!

## New Year's Resolution... Be Waste Wise!

### *Wasting Less Reduces Your Impact on The Environment AND Helps You Save Money!*

- ✓ **Have your name removed from bulk-mail lists.** *Send a postcard to: P.O. Box 643, Carmel NY, 10512-0643, or go to [www.catalogchoice.org](http://www.catalogchoice.org) and choose which catalogs you want to receive.*
- ✓ **Replace incandescent lights.**  
*Switch to long-lasting, energy efficient compact fluorescent bulbs or LED lights.*
- ✓ **Compost kitchen scraps and yard waste.**  
*According to the EPA, at least 25% of household trash is compostable.*
- ✓ **Buy reusable towels and mops.** *When possible avoid using disposable cleaning products.*
- ✓ **Switch from single-use to reusable bags, travel mugs and water bottles.**
- ✓ **Take reusable bags into stores with you. (retail stores too, not just the grocer!)**
- ✓ **Try recycled paper products at home, such as paper towels, tissue and toilet paper.**
- ✓ **Shop for products that come in recyclable packaging.**
- ✓ **Find new homes for items you no longer need.**  
*Give things to [freecycle.org](http://freecycle.org), the Habitat for Humanity Restore, Goodwill, the Frederick Rescue Mission and other organizations that reuse items no longer needed.*
- ✓ **For more information on waste reduction composting and other GREEN tips, visit our website: [www.FrederickCountyMD.gov/recycle](http://www.FrederickCountyMD.gov/recycle)**



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